

## U. S. HEALTH SERVICE ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

Influenza Expected to Lurk for Months. How to Guard Against Pneumonia, Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert Blue, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

"The present epidemic," said Surgeon General Blue, "has taught by bitter experience how readily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against." The Surgeon General likened the present situation to that after a great fire, saying, "No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers."

"Then you fear another outbreak of influenza?" he was asked. "Not necessarily another large epidemic," said the Surgeon General, "but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases."

### Common Colds Highly Catching.

"It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ-laden mucus. Such droplets are sprayed into the air when careless or ignorant people cough or sneeze without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very prevalent."

### Suitable Clothing Important.

"Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice."

### Could Save 100,000 Lives.

"I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it. It is to keep the windows open, to get out of doors, to breathe fresh air."

### Droplet Infection Explained in Pictures.

"The Bureau of Public Health, Treasury Department has just issued a striking poster which by means of the well-known cartoon of a man coughing into his handkerchief, explains the danger of droplet infection."

The poster is a cartoon of a man coughing into his handkerchief. A few years ago, under similar circumstances, the health authorities would have issued an order for the man to stop coughing. But now the health authorities have learned that droplet infection is the cause of many respiratory diseases. The man who coughs into his handkerchief would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toil for their living would have had no time and no desire to wade through the technical phraseology."



COLD, INFLUENZA, PNEUMONIA, AND TUBERCULOSIS ARE SPREAD THIS WAY

Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.



### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 2, 1918  
Notice is hereby given that John L. Chastain, of Mountainair, N. M., who, on October 14, 1915, made Additional H. E. No. 024842, for S½ NE¼ and N½ SE¼, Section 28, Township 4 north, Range 6 east, N. M. P. Meridian, has filed notice of intention to make three year Proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 14th day of January 1919.

Claimant names as witnesses:  
W. A. Sipes, J. A. Cluff, Ed Wheeler, and George Kayser, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

12-5-1-2

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 2, 1918  
Notice is hereby given that Wilson A. Sipes, of Mountainair, N. M., who, on October 14, 1915, made Additional H. E. No. 024843, for SW¼, Section 27, Township 4 north, Range 6 east, N. M. P. Meridian, has filed notice of intention to make three year Proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 14th day of January 1919.

Claimant names as witnesses:  
T. N. Hollon, B. L. Mitchell, J. L. Chastain, and J. A. Cluff, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

12-5-1-2

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 2, 1918  
Notice is hereby given that Cathryn Hibler, heir of Harvey J. Hampton, deceased, of Mountainair, N. M., who, on October 17, 1916, made H. E. No. 028229, for SW¼ and Lots 5, 6, 11 and 12, Section 4, Township 3 north, Range 8 east, N. M. P. Meridian, has filed notice of intention to make three year Proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 14th day of January 1919.

Claimant names as witnesses:  
J. T. Hodgins, J. A. Rogers, John Wood, and Charles Hibler, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

12-5-1-2

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 6, 1918

Notice is hereby given that Goldie R. Brunner, of Mountainair, N. M., who, on September 22, 1913, made Homestead Entry, No. 019524, for E½ SW¼, Lots 1, 2, 3 and 4, Section 30, Township 4N, Range 8E, N. M. P. Meridian, has filed notice of intention to make three year Proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 13 day of December 1918.

Claimant names as witnesses:  
J. W. Owens, John Owens, L. L. Lorey and G. W. Brunner, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

11-14-12-5.

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 1, 1918

Notice is hereby given that Edgar D. Arnett, of Mountainair, N. M., who, on April 22, 1916, made Homestead Entry No. 026382, for Lots 3 and 4, E½ SW¼ and SE¼, Section 7, Township 3 North, Range 8 East, N. M. P. Meridian, has filed notice of intention to make three year Proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 12th day of December, 1918.

Claimant names as witnesses:  
R. Sellers, J. O. Coffey, C. A. Noble, and Emmett Adcock, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

11-7-28

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 6, 1918

Notice is hereby given that Edwin S. Brunner, of Mountainair, N. M., who, on July 31, 1914 and October 15, 1914, made H. E. and Additional H. E. No. 021501 and 021991, for E½, Sec-

tion 25, Township 4N, Range 7E, N. M. P. Meridian, has filed notice of intention to make three year Proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 13 day of December 1918.

Claimant names as witnesses:  
J. W. Owens, John Owens, L. L. Lorey and G. W. Brunner, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

11-14-12-5.

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 6, 1918

Notice is hereby given that Ralph S. Brunner, of Mountainair, N. M., who, on October 2, 1911, made H. E. No. 014702, for Lots 1, 2, 3, 4, 5, 6, 7 and 8, Section 31, Township 4 north, Range 8 east, N. M. P. Meridian, has filed notice of intention to make five year Proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 13 day of December 1918.

Claimant names as witnesses:  
P. H. Miller, L. L. Lorey, Roy Hulen and G. W. Brunner, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

11-14-12-5.

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 13, 1918

Notice is hereby given that Elisha M. Shaw, of Mountainair, N. M., who, on April 27, 1915, made Homestead Entry, No. 023396, for W½ NW¼ Section 13, SE¼ NE¼ Section 14, Township 5 north, Range 6 east, N. M. P. Meridian, has filed notice of intention to make 3-year proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on December 20, 1918.

Claimant names as witnesses:  
W. F. Martin, E. C. Sharpless, Joe Dressler, and R. L. Shaw, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

11-21-12-18

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 13, 1918

Notice is hereby given that William N. Walpole, of Mountainair, N. M., who, on December 15, 1915, and October 5, 1916, made Homestead Entry No. 025418 and Add'l H. E. 028191, for NE¼ Section 13, T. 4 N., R. 7 E., and Lots 1, 2, 3 & 4, Section 18, Township 4 N., Range 8 E., N. M. P. Meridian, has filed notice of intention to make three year proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on December 20, 1918.

Claimant names as witnesses:  
W. W. Manning, V. B. Manning, Chas. Stark, and (Miss) Lula B. Kenton, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

11-21-12-18

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.

November 16, 1918.  
Notice is hereby given that José T. Olguin, of Scholle, N. M., who on July 6, 1915, made Homestead Entry No. 024098, for W½ SW¼ Sec. 4, N½ NW¼ Sec. 9, Township 2 north, Range 5 east, N. M. P. Meridian, has filed notice of intention to make three year proof to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 27th day of December, 1918.

Claimant names as witnesses:  
Eduardo Maes, Eugenio Peralta, Pablo Serna and José Padilla, all of Scholle, N. M.

FRANCISCO DELGADO, Register.

11-21-12-18

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 16, 1918

Notice is hereby given that Juan Antonio Moya, of Mountainair, N. M., who, on September 25, 1915, made Second Homestead Entry, No. 023275, for E½ NE¼, E½ SE¼, Section 25, Township 3 north, Range 5 east, N. M. P. Meridian, has filed notice of intention to make three year Proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 27th day of December, 1918.

Claimant names as witnesses:  
Ysabel Maestas, Atanacio Maestas, Juan Chavez and George Campbell, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

11-21-12-18

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 16, 1918

Notice is hereby given that Jacobo Gurulé, of Scholle, N. M., who, on August 21, 1914, made Homestead Entry No. 021676, for S½ NE¼ SE¼, NW¼ SE¼ SE¼, N½ SW¼ SE¼, NW¼ SE¼, SW¼ SW¼ NE¼, SE¼ SE¼ SW¼, Section 9, W½ NW¼ SW¼ Section 10, Township 3 north, Range 5 east, N. M. P. Meridian, has filed notice of intention to make five year Proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on the 27th day of December, 1918.

Claimant names as witnesses:  
Antonio Ballejos, Mountainair, N. M., Luz Tarin, Clemente Tarin and Juan Lucero, all of Eastview, N. M.

FRANCISCO DELGADO, Register.

11-21-12-18

### NOTICE FOR PUBLICATION

Department of the Interior  
U. S. Land Office at Santa Fe, N. M.  
November 13, 1918

Notice is hereby given that Robert A. Land, of Mountainair, N. M., who, on November 27, 1915, made Homestead Entry No. 025161, for W½ NE¼, E½ NW¼, W½ SE¼, & E½ SW¼, Section 21, Township 4 north, Range 7 east, N. M. P. Meridian, has filed notice of intention to make three year proof, to establish claim to the land above described, before P. A. Speckmann, U. S. Commissioner, at Mountainair, N. M., on December 20, 1918.

Claimant names as witnesses:  
L. A. Williams, D. C. James, W. W. Manning and Lula B. Kenton, all of Mountainair, N. M.

FRANCISCO DELGADO, Register.

11-21-12-18

## Good Printing

With our improved facilities we are better prepared than ever to supply our patrons with Good Printing.

The Linotype enables us to do more work and better work than was possible by using hand-set methods.

Bring us your job work, whether it be a business card or a full page poster.

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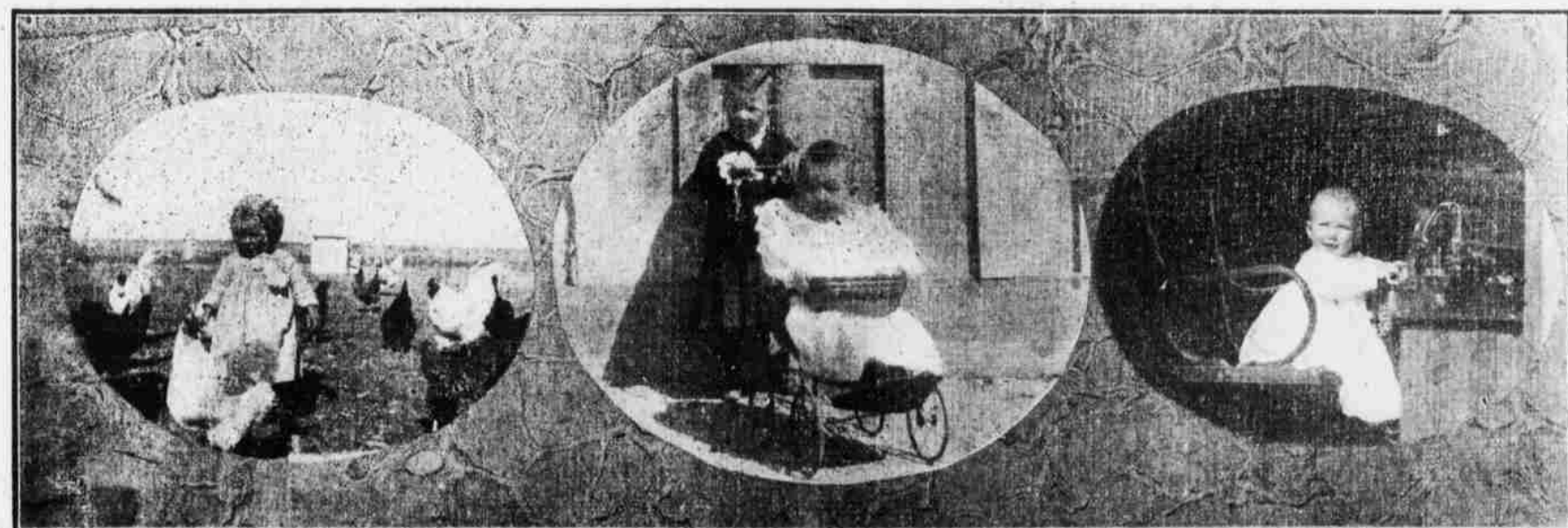
Note heads

Pamphlets

Posters

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## MOUNTAINAIR PRINTING CO.



## A Good Time

THANKSGIVING is a good time to take stock of your benevolences. See if you are doing all you can and should for those who know real want or rather for those who, through your benevolence, and that of others like you, shall be kept from want.

Thanksgiving Day has become a day of special importance to the Children's Home. So much depends on the day, and the gratitude expressed in giving. For many years this day has been observed as contribution day for the Children's Home. During this season and the Christmas time much of our entire annual income is secured. So much depends upon the generous impulses of the people. In fact a whole year's work will be either assured or seriously crippled. Heretofore we have had abundant reason to be grateful. How will it be this year?

### CHILDREN'S HOME SOCIETY

Dr. Charles E. Lukens, Superintendent

805 E. Grand Ave., Albuquerque, N. M.

Enclosed please find my donation of \$..... which I cheerfully pay to be used in securing homes for homeless children. We note your special call.

Name

Address

### A HOMELESS BABY'S PLEA

Please, don't you want a baby. Because I have no home. The world is very big, they say. For little folks to roam.

I want someone to love me. Because I'm all alone. Someone to kiss the tears away. And call me just their own.

I want to find a mamma. To hold me close and tight. To hear me say, "I lay me." When I go to bed at night.

I want to love somebody. And someone to love me, too. Please don't you want to take me. 'Cause I'm sure that I love you.